



# **Greater Sudbury Age-Friendly Community Strategy Update**











## What is an age-friendly community?

"In an age-friendly community, the policies, services and structures related to the physical and social environment are designed to help [older adults] "age actively." In other words, the community is set up to help [older adults] live safely, enjoy good health and stay involved."

Government of Canada <https://www.canada.ca/en/public-health/services/health-promotion/aging-seniors/friendly-communities.html>






### OUTDOOR SPACES & BUILDINGS

Age-friendly outdoor spaces and buildings for older adults are environments that are safe and accessible. This consists of removing barriers that restrict older adults from meeting the needs and desires on any dimension (e.g., physical level, recreational level, etc.). Such spaces and buildings encourage older adults to use available services and participate fully within the community.

Actions	Where we are now	Timeline	Community vs. City lead
Increase the number of municipal run washroom facilities along walkways and green spaces		L	City
Make walkways smooth and non-slip		L	City and Community
Increase maintenance of walkways		S	City
Increase the number of outdoor seats in parks and greenspaces		M	City and Community
Increase maintenance of green spaces		M	City
Increase the time available for crossing at pedestrian crosswalks		S	City
Increase safety in neighbourhoods by increasing police presence		S	City and Community if we look at Neighborhood watch
Increase the amount of shade in parks and greenspaces		M	City and Community

## TRANSPORTATION

Transportation is a key factor influencing active aging. Transportation allows people to not only access amenities of daily life, but also to participate in activities, connect with family and friends, and contribute to their communities.

Actions	Where we are now	Timeline	Community vs. City lead
Increase the number of covered bus shelters		L	City and Community
Create more bike lanes		L	City
Reduce the speed of traffic in areas where there is a high percentage of older adults		L	City
Create more mid-block crosswalks		L	City
Widen roads		L	City

## HOUSING

Support ageing in place; promote independence and functionality of activities of daily living.

Actions	Where we are now	Timeline	Community vs. City lead
Improve the accessibility of affordable housing		M	City and Community
Create more affordable housing		M	City
Raise awareness about subsidized housing		S	City and Community

**\*Timeline:** S = short-term goal, M= medium-term goal, L = long-term goal






## SOCIAL PARTICIPATION

Improve health benefits for older adults by providing opportunities for social participation and encourage involvement in recreation, leisure, social, cultural and/or spiritual activities within the community.

Actions	Where we are now	Timeline	Community vs. City lead
Improve advertising of events and services		S	City and Community
Subsidize the cost for older adults to attend social events and clubs		M	City and Community
Produce and distribute a printed version of a "Greater Sudbury Leisure Activity Guide"		S	City
Provide financial assistance services to adults after retirement		M	City

## RESPECT & SOCIAL INCLUSION

Educate local residents on how to properly address older adults, to help eliminate and resolve the feelings of a lack of respect and improve the mental health and overall well-being of older adults.

Actions	Where we are now	Timeline	Community vs. City lead
Consult older adults when making decisions that will affect them		M	City and Community
Provide more community services outside of the downtown core		M	City and Community
Create more intergenerational activities within the community		M	City and Community
Educate the community about aging and older adults		S	City and Community
Create community services and activities that are accepting of transgender older adults		L	City and Community





## CIVIC PARTICIPATION & EMPLOYMENT

Eliminate age-related barriers and challenges to enable older adults to contribute to community through paid employment, civic participation and volunteerism.

Actions	Where we are now	Timeline	Community vs. City lead
Create more awareness on where and how to apply for volunteering opportunities		S	City and Community
Refund transportation, police check, and all other costs involved with volunteering		M	City
Increase awareness of employment opportunities for older adults		S	Community
Increase the number of employment opportunities for older adults		L	Community



## COMMUNICATION & INFORMATION

Provide information regarding opportunities for older adults to be involved within community and create an awareness of what is occurring within the community to help reduce social isolation and loneliness in older adults.

Actions	Where we are now	Timeline	Community vs. City lead
Place flyers in public places for programs and activities that assist with the use of technology		S	City and Community
Increase awareness of programs and activities that assist in technology usage		S	City and Community

## COMMUNITY SUPPORT & HEALTH SERVICES

Provide access to community and health services that support physical and mental well-being as well as the presence of health promotion or awareness initiatives aimed at creating healthy behaviours and life choices.

Actions	Where we are now	Timeline	Community vs. City lead
Reduce wait times for visits to health care specialists		M	Community and other agencies
Increase accessibility to health care specialists		L	Community and other agencies





## Examples of our progress:

### Outdoor Spaces & Buildings

- Number of Leading Pedestrian Interval (LPI) activated in the CGS increased from one in 2017 to eight in 2019.
- Number of pedestrian crossovers increased from 20 in 2017 to 46 in 2019.
- Kilometres of sidewalks maintained during winter months increased from 350 km in 2017 to 425 km in 2019.

### Housing

- RGI - Rent Geared to Income Assistance: 3,723 units.
- The City of Greater Sudbury has developed the affordable housing strategy for older adults and those who have low income. In 2018, Council approved the Affordable Housing Community Improvement Plan to facilitate the development of more affordable housing units.
- Subsidy Rent Supplement: The March of Dimes on Bancroft Drive partnered with the City for 12 supportive housing units.

### Social Participation

- The number of programs available to older adults in the community has increased over the last several years and attendance has increased at the Parkside Centre.
- FARFO (La Fédération des aînés et des retraités francophones de l'Ontario) offers a digital magazine called Vivre + for the Francophone 50+ community. This great source of information is sent out to over 10,000 members every month. It is full of events and information from our Francophone communities.
- In 2019, Leisure Services sold 1,399 memberships to older adults.

### Transportation

- Development of the comprehensive Greater Sudbury Transit Action Plan encompassing all types of services in all areas of the community.



## Examples of our progress:

### Respect and social inclusion

- Réseau ACCESS Network's Seniors Program is working on creating future social programs.
- Over 1,200 residents from the City of Greater Sudbury completed a survey to assess the community's strengths, concerns, and suggested actions to become a more Age-Friendly community.
- Hosted several public forums to ensure all information was captured by the survey responses.

### Communication and Information

- Printed 4,500 Spring/Summer Active Living Guides for older adults.
- Seniors Services page was developed on the City of Greater Sudbury website and the Seniors Advisory Panel provided input.
- Senior Support section under "Over to You" on the City of Greater Sudbury website.
- Increasing number of annual events held for older adults in the City of Greater Sudbury.
- Seniors Summit held in 2019.

### Civic Participation and Employment

- Working with Volunteer Sudbury to provide volunteer opportunities including training, guidance, compensation, etc. within the City of Greater Sudbury.

### Community Support and Health Services

- Food access programs that reach older adults, include: Congregate dining programs, Meals on Wheels, Good Food Box, and community kitchens.
- Work with The Parkside Centre, Réseau Access, etc. to increase the provision of "healthy aging" information (i.e., guest speakers, online seminars) for topics such as mental health, diabetes, social isolation, nutrition, and physical activity.

